

Media citations: Dr Erin Howden (2018–present)

	Date	Title	Source
1	23-Feb-23	早點開始鍛鍊肌肉 維持晚年生活品質關鍵	https://www.worldjournal.com/wj/story/122984/6989111
2	22-Feb-23	Los beneficios del levantamiento de pesas para las personas mayores: ya no basta con salir a caminar Salud y bienestar	https://newsbeezer.com/colombia/los-beneficios-del-levantamiento-de-pesas-para-las-personas-mayores-ya-no-basta-con-salir-a-caminar-salud-y-bienestar/
3	22-Feb-23	Los beneficios de hacer pesas para los mayores: ya no basta con salir a caminar	https://www.gatoencerrado.net/store/noticias/154/154602/detalle.htm
4	21-Feb-23	Los beneficios de hacer pesas para los mayores: ya no basta con salir a caminar	https://vnexplorer.net/los-beneficios-de-hacer-pesas-para-los-mayores-ya-no-basta-con-salir-a-caminar-s406436.html
5	21-Feb-23	The benefits of lifting weights for the elderly: it is no longer enough to go for a walk	https://newsrnd.com/news/2023-02-21-the-benefits-of-lifting-weights-for-the-elderly--it-is-no-longer-enough-to-go-for-a-walk.Sy-G7XXfRj.html
6	21-Feb-23	Los beneficios de levantar pesas para los mayores: ya no basta con salir a caminar	https://news.eseuro.com/salud/1385425.html
7	21-Feb-23	Benefits of lifting weights for the elderly: Walking alone is no longer enough	https://nationworldnews.com/benefits-of-lifting-weights-for-the-elderly-walking-alone-is-no-longer-enough/
8	21-Feb-23	Los beneficios de hacer pesas para los mayores: ya no basta con salir a caminar	https://www.msn.com/es-cl/noticias/otras/los-beneficios-de-hacer-pesas-para-los-mayores-ya-no-basta-con-salir-a-caminar/ar-AA17Ky48
9	21-Feb-23	Los beneficios de hacer pesas para los mayores: ya no basta con salir a caminar	https://www.msn.com/es-co/salud/noticias-medicas/los-beneficios-de-hacer-pesas-para-los-mayores-ya-no-basta-con-salir-a-caminar/ar-AA17JPzM
10	21-Feb-23	Los beneficios de hacer pesas para los mayores: ya no basta con salir a caminar	https://www.msn.com/es-es/salud/vida-saludable/los-beneficios-de-hacer-pesas-para-los-mayores-ya-no-basta-con-salir-a-caminar/ar-AA17JPzM
11	21-Feb-23	Los beneficios de hacer pesas para los mayores: ya no basta con salir a caminar	https://elpais.com/salud-y-bienestar/2023-02-21/los-beneficios-de-hacer-pesas-para-los-mayores-ya-no-basta-con-salir-a-caminar.html
12	21-Feb-23	To stay healthy in old age, research finds building muscles is key	https://headtopics.com/us/to-stay-healthy-in-old-age-research-finds-building-muscles-is-key-35666910
13	21-Feb-23	Muscles weaken as people age, but strength training can combat that – The Washington Post	https://www.wazupnaija.com/muscles-weaken-as-people-age-but-strength-training-can-combat-that-the-washington-post/
14	21-Feb-23	Muskeln werden mit zunehmendem Alter schwächer, aber Krafttraining kann dem entgegenwirken	https://www.nach-welt.com/muskeln-werden-mit-zunehmendem-alter-schwacher-aber-krafttraining-kann-dem-entgegenwirken/
15	20-Feb-23	To stay healthy in old age, research finds building muscles is key	https://www.washingtonpost.com/wellness/2023/02/20/aging-weight-training-health/
16	3-Jan-23	¿Cuál es el fitness más apto para los mayores?	https://espanol.news/cual-es-el-fitness-mas-apto-para-los-mayores/
17	3-Jan-23	Quelle est la forme physique la plus adaptée pour les personnes les plus âgées ?	https://lesactualites.news/technologie-et-science/quelle-est-la-forme-physique-la-plus-adaptee-pour-les-personnes-les-plus-agees/
18	3-Jan-23	What's The Fittest Fitness For The Oldest Old?	https://www.discovermagazine.com/health/whats-the-fittest-fitness-for-the-oldest-old
19	15-Nov-22	For older people and those with chronic health conditions, staying active at home is extra important – here's how	https://knowridge.com/2022/11/for-older-people-and-those-with-chronic-health-conditions-staying-active-at-home-is-extra-important-heres-how/
20	4-Sep-22	The Virus	https://transition.meltwater.com/paywall/redirect/9LjWtTxmTdzv2ywHPkgTNRfFolQ?keywords=Erin%20Howden,Baker%20Institute&cid=a8f7d

			14b-3632-40bc-b632-87a68de18472&productType=Excel
21	4-Sep-22	The Virus	https://transition.meltwater.com/paywall/redirect/3vcKGPWNjs53czQWdllguxmwQ_Y?keywords=Erin%20Howden,Baker%20Institute&cid=a8f7d14b-3632-40bc-b632-87a68de18472&productType=Excel
22	2-Sep-22	ABC National News	https://transition.meltwater.com/paywall/redirect/uy5aA1u76FY1W-kkSwqo1MZezr8?keywords=Erin%20Howden&cid=a8f7d14b-3632-40bc-b632-87a68de18472&productType=Excel
23	2-Sep-22	ABC National News	https://transition.meltwater.com/paywall/redirect/r0DcVDVXHoN7ZSBDyOSuoNT3E4U?keywords=Erin%20Howden,Baker%20Institute&cid=a8f7d14b-3632-40bc-b632-87a68de18472&productType=Excel
24	16-Jun-22	Nordic walking: a quirky exercise regime proves helpful for heart disease patients	https://cosmosmagazine.com/health/nordic-walking-heart-disease/
25	13-Mar-22	Take heart, it's not too late to get fit	https://ausprint.meltwater.com/print_clip_previewer/373838241?text=on&keyword=on&pdf=new
26	12-Mar-22	Yes, real difference can be made to your heart and health in middle age	https://www.brisbanetimes.com.au/lifestyle/health-and-wellness/yes-real-difference-can-be-made-to-your-heart-and-health-in-middle-age-20220308-p5a2o4.html
27	12-Mar-22	How to safely start exercising in your 40s and 50s	https://newsazi.com/how-to-safely-start-exercising-in-your-40s-and-50s/
28	12-Mar-22	How to safely start exercising in your 40s and 50s	https://www.watoday.com.au/lifestyle/health-and-wellness/yes-real-difference-can-be-made-to-your-heart-and-health-in-middle-age-20220308-p5a2o4.html
29	12-Mar-22	Yes, real difference can be made to your heart and health in middle age	https://www.smh.com.au/lifestyle/health-and-wellness/yes-real-difference-can-be-made-to-your-heart-and-health-in-middle-age-20220308-p5a2o4.html
30	12-Mar-22	Yes, real difference can be made to your heart and health in middle age	https://www.theage.com.au/lifestyle/health-and-wellness/yes-real-difference-can-be-made-to-your-heart-and-health-in-middle-age-20220308-p5a2o4.html
31	12-Mar-22	How to safely start exercising in your 40s and 50s	https://www.smh.com.au/lifestyle/health-and-wellness/yes-real-difference-can-be-made-to-your-heart-and-health-in-middle-age-20220308-p5a2o4.html
32	12-Mar-22	How to safely start exercising in your 40s and 50s	https://www.theage.com.au/lifestyle/health-and-wellness/yes-real-difference-can-be-made-to-your-heart-and-health-in-middle-age-20220308-p5a2o4.html
33	2-Mar-22	Why can Covid-19 impact your ability to exercise?	https://www.stuff.co.nz/lifestyle/wellbeing/300529460/why-can-covid19-impact-your-ability-to-exercise
34	25-Feb-22	Is exercise the elixir for good health?	https://www.houseofwellness.com.au/health/tips/exercise-as-medicine
35	20-Feb-22	'Very overwhelming': Why can COVID impact your ability to exercise?	https://newsazi.com/very-overwhelming-why-can-covid-impact-your-ability-to-exercise/
36	20-Feb-22	Why an infection can impact your fitness	https://newsdome.co.za/why-an-infection-can-impact-your-fitness/
37	6-Sep-21	ABC Mid West and Wheatbelt AM at September 6th 2021 6:44 PM	https://transition.meltwater.com/paywall/redirect/_McF_q-OVF9sfJf0H6TepHAHj3c?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
38	6-Sep-21	ABC Great Southern WA at September 6th 2021 6:44 PM	https://transition.meltwater.com/paywall/redirect/nkJWtdTYa2kN1xewmqKbhMD8F2A?keywords=Erin%20Howden,Baker%20Institute&cid=697

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39	6-Sep-21	ABC South West WA at September 6th 2021 6:43 PM	https://transition.meltwater.com/paywall/redirect/_6zczKTfs1srQnM4ojZOSM2xa3w?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
40	6-Sep-21	ABC North West WA at September 6th 2021 6:43 PM	https://transition.meltwater.com/paywall/redirect/09KXZ92wgshDpDTUf0OdxJ15No?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
41	6-Sep-21	720 ABC Perth at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/bCArLcFVh3ovahmQRP8TSgKETGw?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
42	6-Sep-21	ABC Kimberley at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/2hph_iqgO3OYp9LD2LsbhZk_9cw?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
43	6-Sep-21	ABC Esperance at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/tqJoQ-rjQNqT0VkJ76mx6Fjbp8?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
44	6-Sep-21	ABC Goldfields at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/7INLQAWRaypwWwi04VP_NJhfs?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
45	6-Sep-21	ABC NewsRadio at September 6th 2021 7:35 PM	https://transition.meltwater.com/paywall/redirect/HOfm7wwoxmOZXkjC92yqTGoj_TE?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
46	6-Sep-21	105.7 ABC Darwin at September 6th 2021 6:43 PM	https://transition.meltwater.com/paywall/redirect/v9mlw1iCQVNDcV5TIACmOrGjoP0?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
47	6-Sep-21	ABC Broken Hill AM at September 6th 2021 6:43 PM	https://transition.meltwater.com/paywall/redirect/knsCIGU5Yjl83aOGDtHQrbm5_tE?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
48	6-Sep-21	891 ABC Adelaide at September 6th 2021 6:41 PM	https://transition.meltwater.com/paywall/redirect/-xrs2_yV-GE1Kn1Wtxv-OwoSVWk?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
49	6-Sep-21	ABC West Coast SA AM at September 6th 2021 6:41 PM	https://transition.meltwater.com/paywall/redirect/TBq9NNQbVzTaO_4wsMVCIPsFnuw?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
50	6-Sep-21	ABC Alice Springs at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/G7tnvOSap8wyMu3e_19Ayn29lrM?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
51	6-Sep-21	ABC North and West SA at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/CHGBI5tPsA_Atgez66iHoaR0vaE?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel

52	6-Sep-21	ABC Riverland AM at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/qhmUzr65mmGARdCUFlD4a5Dea_4?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
53	6-Sep-21	ABC South East SA at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/4rLi3fgPR9JcnpYY2wbx7RcEOtc?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
54	6-Sep-21	ABC Southern Queensland at September 6th 2021 6:45 PM	https://transition.meltwater.com/paywall/redirect/BUcdXgepnlXbL8CpRY0o2T4P5GE?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
55	6-Sep-21	936 ABC Hobart at September 6th 2021 6:44 PM	https://transition.meltwater.com/paywall/redirect/ehYSqvlC8gzl7QFxx81v6QZ-Rv4?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
56	6-Sep-21	ABC Upper Hunter AM at September 6th 2021 6:44 PM	https://transition.meltwater.com/paywall/redirect/c1Ab7-YJlBqzv6lwc3fSVtBKfvo?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
57	6-Sep-21	ABC Western Queensland at September 6th 2021 6:44 PM	https://transition.meltwater.com/paywall/redirect/Hth2C0RW4a28WsGHNCORtW2ZVx8?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
58	6-Sep-21	ABC South West Victoria AM at September 6th 2021 6:43 PM	https://transition.meltwater.com/paywall/redirect/kwhrUm4vb2VZ8tyV4wzae8HpX98?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
59	6-Sep-21	774 ABC Melbourne at September 6th 2021 6:43 PM	https://transition.meltwater.com/paywall/redirect/ZRGpcHg6Pg9MwYF2njoyJ7I7tzg?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
60	6-Sep-21	ABC West Victoria AM at September 6th 2021 6:43 PM	https://transition.meltwater.com/paywall/redirect/AQWtDYHQ01-8YGT6TlcD8QMT-u0?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
61	6-Sep-21	ABC Far North Queensland at September 6th 2021 6:43 PM	https://transition.meltwater.com/paywall/redirect/a5faWDcuPsAkiSPEMqyTrGL39Zg?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
62	6-Sep-21	ABC Wide Bay at September 6th 2021 6:43 PM	https://transition.meltwater.com/paywall/redirect/0kMxyHeXhHkNQtmaxSs_mqT5Fj8?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
63	6-Sep-21	ABC North Coast NSW at September 6th 2021 6:43 PM	https://transition.meltwater.com/paywall/redirect/edGTUnszH3Sk7PXKSiheB0B4wSo?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
64	6-Sep-21	ABC Northern Tasmania at September 6th 2021 6:42 PM	https://transition.meltwater.com/paywall/redirect/f9hsKxtS1l6ZbxehzyQ3LAREEk0?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
65	6-Sep-21	612 ABC Brisbane at September 6th 2021 6:42 PM	https://transition.meltwater.com/paywall/redirect/JVBt44StSnEvSEaAU9eZKN4Vg8M?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel

66	6-Sep-21	ABC Illawarra at September 6th 2021 6:41 PM	https://transition.meltwater.com/paywall/redirect/rJ4x5aL3h6FFWYowcE4MfrYGw00?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
67	6-Sep-21	ABC Central Coast NSW at September 6th 2021 6:41 PM	https://transition.meltwater.com/paywall/redirect/sd2k9zFQ913A8TtWTqgFjEgc_AY?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
68	6-Sep-21	ABC Mildura FM at September 6th 2021 6:41 PM	https://transition.meltwater.com/paywall/redirect/pljztyM1dlqamjZwjilNQhc1NcA?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
69	6-Sep-21	ABC Gippsland at September 6th 2021 6:41 PM	https://transition.meltwater.com/paywall/redirect/xwNga6y-w5FikB3rRiRanzRg9yY?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
70	6-Sep-21	666 ABC Canberra at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/OUx6YhQXaZuR37ghh9anX1CqWP4?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
71	6-Sep-21	702 ABC Sydney at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/BggHiUViiW9BdY8fkl-m2l0CWjE?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
72	6-Sep-21	ABC Central Victoria FM at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/H6pVUEoxV28AEFP1Z5z-udhcdes?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
73	6-Sep-21	ABC Capricornia FM at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/vTJgleg_UDa-XWuVdcetuRffZ7g?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
74	6-Sep-21	ABC Sunshine Coast FM at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/xCV2uHDey2TGf-gmjSp0IJ767ww?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
75	6-Sep-21	ABC Coffs Coast FM at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/E_W6HTObdUev3MJRah8xV6Va3M?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
76	6-Sep-21	ABC North West Queensland at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/8MQvdMccbrlljthzgBlvYI5-MGM?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
77	6-Sep-21	1233 ABC Newcastle at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/GRzpw7RdEswqaCJFUikiOCkFzOQ?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
78	6-Sep-21	702 ABC Sydney at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/Cn6rTCJAMRsVUq8xvTiJQqZq9N8?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
79	6-Sep-21	ABC North Queensland at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/OILt5oYMqPYifJMjtTjTPtArFR8?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel

80	6-Sep-21	ABC Shepparton FM at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/IGD5Oq-X73-w-VQNjneNrBUmRFM?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
81	6-Sep-21	ABC Riverina FM at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/bT0kKiq3hUscu7YpOsfbRdppX8U?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
82	6-Sep-21	ABC South East NSW at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/9EVCeD0CaALitVrKdcprVRbmPDQ?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
83	6-Sep-21	ABC Mid North Coast NSW Radio at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/IYH8AWaBayygLTbFNoBy2Tu2tw?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
84	6-Sep-21	ABC Western Plains at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/ctcZlwibZpdbJcyX7_IYTvACOal?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
85	6-Sep-21	ABC Goulburn Murray at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/kRo3HCILEtriMuKDL_PCR7Aowfl?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
86	6-Sep-21	91.7 ABC Coast FM at September 6th 2021 6:40 PM	https://transition.meltwater.com/paywall/redirect/3hkCunxGNUuSboAj9uXMuoPk0Vw?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
87	6-Sep-21	ABC Central West NSW AM at September 6th 2021 6:39 PM	https://transition.meltwater.com/paywall/redirect/pkVPMaIPJ-TNsuW3qbnaltUJj0o?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
88	6-Sep-21	ABC Ballarat FM at September 6th 2021 6:39 PM	https://transition.meltwater.com/paywall/redirect/c00_WV5WssVx8sdbMbp1Ha2psiA?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
89	6-Sep-21	ABC Tropical North FM at September 6th 2021 6:32 PM	https://transition.meltwater.com/paywall/redirect/No-i-6bkkggV_Ve1B5VE6zKyUso?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
90	6-Sep-21	ABC Radio National at September 6th 2021 5:14 PM	https://transition.meltwater.com/paywall/redirect/2cW-GQseiBsHaymiVYuVm8RNdkU?keywords=Erin%20Howden,Baker%20Institute&cid=6974b373-3e5f-431d-bb49-4b273f7efb28&productType=Excel
91	29-Jul-21	Investigating long-haul impact of Covid on heart	https://www.nationaltribune.com.au/investigating-long-haul-impact-of-covid-on-heart/
92	29-Jul-21	Investigating long-haul impact of Covid on heart	https://www.miragenews.com/investigating-long-haul-impact-of-covid-on-heart-604060/
93	26-Jul-21	2020 Impact Report	https://www.nationaltribune.com.au/2020-impact-report/
94	26-Jul-21	2020 Impact Report	https://www.miragenews.com/2020-impact-report-602240/
95	18-May-21	Advancing understanding of exercise training and healthy ageing	https://www.nationaltribune.com.au/advancing-understanding-of-exercise-training-and-healthy-ageing/

96	18-May-21	Advancing understanding of exercise training and healthy ageing	https://www.miragenews.com/advancing-understanding-of-exercise-training-561872/
97	16-Dec-20	New Head of Baker Department of Cardiometabolic Health	https://www.miragenews.com/new-head-of-baker-department-of-cardiometabolic-health/
98	30-Oct-20	Radio 2ST Coast at October 30th 2020 12:12 AM	https://transition.meltwater.com/paywall/redirect/-/00qZhaKPza0whuHvdGStniNdc?keywords=Erin%20Howden&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
99	9-Apr-20	Fitness is your friend – especially now	https://www.yourlifechoices.com.au/health/news/why-staying-active-at-home-is-vital
100	9-Apr-20	Golf a 'reason to get up in the morning' and keeping Aussies on course amid coronavirus	https://pressfrom.info/au/news/sport/-194402-golf-a-reason-to-get-up-in-the-morning-and-keeping-aussies-on-course-amid-coronavirus.html
101	9-Apr-20	Golf a 'reason to get up in the morning' and keeping Aussies on course amid coronavirus	https://www.msn.com/en-au/sport/golf/golf-a-reason-to-get-up-in-the-morning-and-keeping-aussies-on-course-amid-coronavirus/ar-BB12ITgi
102	9-Apr-20	ABC Great Southern WA at April 9th 2020 8:29 AM	https://transition.meltwater.com/paywall/redirect/za3CfhXuVfc4dBRDespEHW18snM?keywords=Erin%20Howden,Baker%20Heart%20and%20Diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
103	9-Apr-20	ABC Mid West and Wheatbelt AM at April 9th 2020 8:28 AM	https://transition.meltwater.com/paywall/redirect/JXSuCCe5yO1H_wx7KblEoc6_yCQ?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
104	9-Apr-20	ABC Goldfields at April 9th 2020 8:26 AM	https://transition.meltwater.com/paywall/redirect/wTSAACG_aXk7GbinE9vBCBPzGy?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
105	9-Apr-20	ABC North West WA at April 9th 2020 8:26 AM	https://transition.meltwater.com/paywall/redirect/ZfaBB6x8j5cfZJpTc5K9tr6IHMc?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
106	9-Apr-20	ABC Kimberley at April 9th 2020 8:26 AM	https://transition.meltwater.com/paywall/redirect/pl5aqqZpAw6Mv0Gig9lQw-9KPKI?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
107	9-Apr-20	ABC Esperance at April 9th 2020 8:25 AM	https://transition.meltwater.com/paywall/redirect/n17SdDOCuKm-cmDfpCXFS3Walqk?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
108	9-Apr-20	ABC South West WA at April 9th 2020 8:25 AM	https://transition.meltwater.com/paywall/redirect/xKQpdzUDL1Elv6Av16dFe7IRyas?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
109	9-Apr-20	720 ABC Perth at April 9th 2020 8:24 AM	https://transition.meltwater.com/paywall/redirect/NdVIVtCWwVgr-g_b4V50DUafkgU?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
110	9-Apr-20	ABC NewsRadio at April 9th 2020 10:24 AM	https://transition.meltwater.com/paywall/redirect/FOPwdQ-K-OUosdtPvBzEg3j0wjl?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel

111	9-Apr-20	Golfing a 'explanation why to stand up within the morning' and uncommon reprieve from COVID-19	https://sportnews.blogdady.com/golfing-a-explanation-why-to-stand-up-within-the-morning-and-uncommon-reprieve-from-covid-19/
112	9-Apr-20	ABC North and West SA at April 9th 2020 8:25 AM	https://transition.meltwater.com/paywall/redirect/pw2QGIMao7B8IEhCKo65ikJHK4k?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
113	9-Apr-20	891 ABC Adelaide at April 9th 2020 8:25 AM	https://transition.meltwater.com/paywall/redirect/FjIEO_h0xwUXq7HkHNQR7L98gbM?keywords=Erin%20Howden&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
114	9-Apr-20	ABC Riverland AM at April 9th 2020 8:25 AM	https://transition.meltwater.com/paywall/redirect/scWEOmG8fbggA1njXer0t5_dZZ8?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
115	9-Apr-20	ABC South East SA at April 9th 2020 8:25 AM	https://transition.meltwater.com/paywall/redirect/UVKJQWlclqamvDYfAO3gw93jxo4?keywords=Erin%20Howden,Baker%20Heart%20and%20Diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
116	9-Apr-20	ABC West Coast SA AM at April 9th 2020 8:25 AM	https://transition.meltwater.com/paywall/redirect/l3PS5CVbSq6sre1x9jQqnLetVyk?keywords=Erin%20Howden,Baker%20Heart%20and%20Diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
117	9-Apr-20	ABC Alice Springs at April 9th 2020 8:25 AM	https://transition.meltwater.com/paywall/redirect/K3m-QJAXA8E8V4TxeqZ5CPAFSA?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
118	9-Apr-20	ABC Broken Hill AM at April 9th 2020 8:25 AM	https://transition.meltwater.com/paywall/redirect/mwm8e3Q3glxBsEuYaeTchbXbQms?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
119	9-Apr-20	ABC Wide Bay at April 9th 2020 8:30 AM	https://transition.meltwater.com/paywall/redirect/prRNyW-uvEzn-g51kj5BctFfAL4?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
120	9-Apr-20	ABC Sunshine Coast FM at April 9th 2020 8:30 AM	https://transition.meltwater.com/paywall/redirect/sVDEbD2PPEGWhpyGDBDkWBN764I?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
121	9-Apr-20	ABC Ballarat FM at April 9th 2020 8:28 AM	https://transition.meltwater.com/paywall/redirect/pAOWPlwiE99AuS3VI95mxpgV37w?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
122	9-Apr-20	ABC Illawarra at April 9th 2020 8:28 AM	https://transition.meltwater.com/paywall/redirect/RByeLZ8v6hcJUfipyie_XUQg408?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
123	9-Apr-20	ABC Mildura FM at April 9th 2020 8:28 AM	https://transition.meltwater.com/paywall/redirect/E7y4ubNGY1ye1PsQHTnmC7cLpvl?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
124	9-Apr-20	1233 ABC Newcastle at April 9th 2020 8:28 AM	https://transition.meltwater.com/paywall/redirect/ARX4syZN3HKBtjuypvYtcuFX-I?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658

			-0775-4462-9768-319649454c11&productType=Excel
125	9-Apr-20	612 ABC Brisbane at April 9th 2020 8:28 AM	https://transition.meltwater.com/paywall/redirect/m0CBx8EowZ3y2YIPtE55A_WbSkc?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
126	9-Apr-20	ABC West Victoria AM at April 9th 2020 8:27 AM	https://transition.meltwater.com/paywall/redirect/94CifIXgzgtTqIKM5MwmXli444?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
127	9-Apr-20	ABC Southern Queensland at April 9th 2020 8:27 AM	https://transition.meltwater.com/paywall/redirect/oPkH3UHShCOFv5jrUSjuuY_zLiU?keywords=Erin%20Howden,Baker%20Heart%20and%20Diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
128	9-Apr-20	ABC Coffs Coast FM at April 9th 2020 8:27 AM	https://transition.meltwater.com/paywall/redirect/Kz23fb8RYf6mLxRpA1m7M1cB8nM?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
129	9-Apr-20	ABC Central Victoria FM at April 9th 2020 8:27 AM	https://transition.meltwater.com/paywall/redirect/rUxTACbl1npyfzvCm7J8fOMT9t4?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
130	9-Apr-20	ABC South East NSW at April 9th 2020 8:27 AM	https://transition.meltwater.com/paywall/redirect/CQgWq4pov5E0Y3rjzclNk_c3aw?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
131	9-Apr-20	ABC Shepparton FM at April 9th 2020 8:27 AM	https://transition.meltwater.com/paywall/redirect/541UyaLle-FEnQIM59ljwt1GRp8?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
132	9-Apr-20	91.7 ABC Coast FM at April 9th 2020 8:27 AM	https://transition.meltwater.com/paywall/redirect/GVE9hA1xTWcqUusDjCtVW09lr1Q?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
133	9-Apr-20	ABC North West Queensland at April 9th 2020 8:27 AM	https://transition.meltwater.com/paywall/redirect/Q2-lkY6WuRoR4KS_wSx6MVkfdnM?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
134	9-Apr-20	ABC Mid North Coast NSW Radio at April 9th 2020 8:27 AM	https://transition.meltwater.com/paywall/redirect/NJv42DO07Qvek1ha4SvdeSianeU?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
135	9-Apr-20	ABC South West Victoria AM at April 9th 2020 8:27 AM	https://transition.meltwater.com/paywall/redirect/Ce2nSN8UBxZogczqeP53x1HShus?keywords=Erin%20Howden,Baker%20Heart%20and%20Diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
136	9-Apr-20	ABC Gippsland at April 9th 2020 8:27 AM	https://transition.meltwater.com/paywall/redirect/A8kO_UPzEoudkRU paztLWb-zKxk?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
137	9-Apr-20	ABC Northern Tasmania at April 9th 2020 8:27 AM	https://transition.meltwater.com/paywall/redirect/4234Wn_okzkOCu0-rg2WorKzpls?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&ci

			d=6b036658-0775-4462-9768-319649454c11&productType=Excel
138	9-Apr-20	702 ABC Sydney (secondary) at April 9th 2020 8:26 AM	https://transition.meltwater.com/paywall/redirect/zp_Q2BhFI-kuR57eUnwHdRIRAJg?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
139	9-Apr-20	ABC Riverina FM at April 9th 2020 8:26 AM	https://transition.meltwater.com/paywall/redirect/gmteeMecZ0E-XDeX2oRNx-XJ6fw?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
140	9-Apr-20	ABC Capricornia FM at April 9th 2020 8:26 AM	https://transition.meltwater.com/paywall/redirect/wORrw9iimCWTDwZ28qzXWmlQy60?keywords=Erin%20Howden,Baker%20heart,diabetes%20Institute,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
141	9-Apr-20	ABC Central West NSW AM at April 9th 2020 8:26 AM	https://transition.meltwater.com/paywall/redirect/IBR7CbIT9sqlXb_ZyxbAUnFapDk?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
142	9-Apr-20	ABC North Queensland at April 9th 2020 8:26 AM	https://transition.meltwater.com/paywall/redirect/f3MXwiCQQID4X6CioqQAQS7pKk?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
143	9-Apr-20	ABC Goulburn Murray at April 9th 2020 8:26 AM	https://transition.meltwater.com/paywall/redirect/mFRg68TK6Sm-93vkJURi0FJQAcQ?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
144	9-Apr-20	ABC South West Victoria AM at April 9th 2020 8:26 AM	https://transition.meltwater.com/paywall/redirect/FGoeHoHnkZRukbhpGzYhq3opVOU?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
145	9-Apr-20	ABC Western Plains at April 9th 2020 8:25 AM	https://transition.meltwater.com/paywall/redirect/l6nFvltoCvmWSR0GZezCrVIFwhl?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
146	9-Apr-20	666 ABC Canberra at April 9th 2020 8:25 AM	https://transition.meltwater.com/paywall/redirect/c59Cz-opxr0xYfB-7WwwsJMxF5o?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
147	9-Apr-20	774 ABC Melbourne at April 9th 2020 8:25 AM	https://transition.meltwater.com/paywall/redirect/wZ65XgRV1iOnsiPHGSHuqHtK72Y?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
148	9-Apr-20	ABC Upper Hunter AM at April 9th 2020 8:25 AM	https://transition.meltwater.com/paywall/redirect/IO1KjK-QYdLR_6jtR5z08K2yhPk?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
149	9-Apr-20	936 ABC Hobart at April 9th 2020 8:25 AM	https://transition.meltwater.com/paywall/redirect/DuimjJiApBrZ0d6ePEEss4MzWt8?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
150	9-Apr-20	702 ABC Sydney at April 9th 2020 8:25 AM	https://transition.meltwater.com/paywall/redirect/uE6lpQPM-

			TNY7GQxiW7UibY0_CU?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
151	9-Apr-20	ABC New England North West AM at April 9th 2020 8:25 AM	https://transition.meltwater.com/paywall/redirect/rU80ldebl1uQw4QeO0U584nHat4?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
152	9-Apr-20	ABC North Coast NSW at April 9th 2020 8:25 AM	https://transition.meltwater.com/paywall/redirect/xkFM0-Z7ANyLV-YV6YapVX5dfbU?keywords=Erin%20Howden,Baker%20Heart%20and%20Diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
153	9-Apr-20	ABC Far North Queensland at April 9th 2020 8:25 AM	https://transition.meltwater.com/paywall/redirect/wlqUZWg-U_j5MidsD_uzUhhxOks?keywords=Erin%20Howden,Baker%20Heart%20and%20Diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
154	9-Apr-20	ABC Western Queensland at April 9th 2020 8:25 AM	https://transition.meltwater.com/paywall/redirect/Bvf5Wua_skwRJQoSnewsTJm9-Ng8?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
155	9-Apr-20	ABC Central Coast NSW at April 9th 2020 8:25 AM	https://transition.meltwater.com/paywall/redirect/I7roEDIKkzcd3PLblnLY-csIR1I?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
156	9-Apr-20	ABC Tropical North FM at April 9th 2020 8:24 AM	https://transition.meltwater.com/paywall/redirect/xpmc3I2jW4YD01CQ6slnftolba8?keywords=Erin%20Howden,Baker%20heart%20and%20diabetes%20Institute&cid=6b036658-0775-4462-9768-319649454c11&productType=Excel
157	9-Apr-20	Golf a 'reason to get up in the morning' and rare reprieve from COVID-19 - Internewscast	https://internewscast.com/golf-a-reason-to-get-up-in-the-morning-and-rare-reprieve-from-covid-19/
158	8-Apr-20	For older people and those with chronic health conditions, staying active at home is important	http://www.seniorau.com.au/9242-for-older-people-and-those-with-chronic-health-conditions-staying-active-at-home-is-important
159	7-Apr-20	For older people and those with chronic health conditions, staying active at home is extra important – here's how	https://www.businesses.com.au/general-business/440718-for-older-people-and-those-with-chronic-health-conditions-staying-active-at-home-is-extra-important-%E2%80%93-here-s-how
160	28-Oct-19	Heart Foundation grants to drive innovative research	https://www.nationaltribune.com.au/heart-foundation-grants-to-drive-innovative-research/
161	28-Oct-19	Heart Foundation grants to drive innovative research	https://www.miragenews.com/heart-foundation-grants-to-drive-innovative-research/
162	17-Oct-19	The best types of exercise for warding off weight gain	https://www.houseofwellness.com.au/health/fitness/best-types-exercise-warding-off-weight-gain
163	18-Jul-19	Hit 105 at July 18th 2019 5:22 PM	https://transition.meltwater.com/paywall/redirect/4HMfsaBr5zZ-nrG9myzmHb_ytGE?keywords=Erin%20Howden&cid=7faf0dda-c88a-422b-a16b-38267ef80857&productType=Excel
164	18-Jul-19	hit103.1 at July 18th 2019 5:22 PM	https://transition.meltwater.com/paywall/redirect/aDiwNMn27rlgvoeD9KNDVIPxmb0?keywords=Erin%20Howden&cid=7faf0dda-c88a-422b-a16b-38267ef80857&productType=Excel
165	18-Jul-19	hit93.5 Dubbo at July 18th 2019 5:21 PM	https://transition.meltwater.com/paywall/redirect/Xo0SzkdJaBE-dmPck_BjQ3ypCSY?keywords=Erin%20Howden

			&cid=7faf0dda-c88a-422b-a16b-38267ef80857&productType=Excel
166	9-May-19	2SM at May 9th 2019 2:05 AM	https://transition.meltwater.com/paywall/redirect/8G8KWiBP9ilusfnaf-XTof1tr8?keywords=Erin%20Howden&cid=7faf0dda-c88a-422b-a16b-38267ef80857&productType=Excel
167	20-Feb-19	ABC Riverland AM at February 20th 2019 9:49 AM	https://transition.meltwater.com/paywall/redirect/LZ76MVTyGU-wW9HoPO-v6OwX7IY?keywords=Erin%20Howden&cid=7faf0dda-c88a-422b-a16b-38267ef80857&productType=Excel
168	12-Feb-19	ABC Kimberley at February 12th 2019 3:45 PM	https://transition.meltwater.com/paywall/redirect/kdXlj9y5dceVnPmPMrjYVhAcMSw?keywords=Erin%20Howden&cid=7faf0dda-c88a-422b-a16b-38267ef80857&productType=Excel
169	12-Feb-19	ABC Mid West and Wheatbelt AM at February 12th 2019 3:44 PM	https://transition.meltwater.com/paywall/redirect/tpcVk2vALRdgJUNJpL4llgby6U?keywords=Erin%20Howden&cid=7faf0dda-c88a-422b-a16b-38267ef80857&productType=Excel
170	12-Feb-19	ABC Goldfields at February 12th 2019 3:44 PM	https://transition.meltwater.com/paywall/redirect/Yso830WXJFx-g-YmttYQ_ct2EwE?keywords=Erin%20Howden&cid=7faf0dda-c88a-422b-a16b-38267ef80857&productType=Excel
171	12-Feb-19	ABC South West WA at February 12th 2019 3:43 PM	https://transition.meltwater.com/paywall/redirect/CIWEuB2CQR9O10XBCaAx8eRmqi0?keywords=Erin%20Howden&cid=7faf0dda-c88a-422b-a16b-38267ef80857&productType=Excel
172	12-Feb-19	ABC North West WA at February 12th 2019 3:41 PM	https://transition.meltwater.com/paywall/redirect/ilPqCRN9D0alYndv4Y6OzgH8R0A?keywords=Erin%20Howden&cid=7faf0dda-c88a-422b-a16b-38267ef80857&productType=Excel
173	12-Feb-19	ABC Esperance at February 12th 2019 3:41 PM	https://transition.meltwater.com/paywall/redirect/gr9cUn6zTwGmg2PVxv7LIUOPYCY?keywords=Erin%20Howden&cid=7faf0dda-c88a-422b-a16b-38267ef80857&productType=Excel
174	11-Feb-19	ABC Radio National at February 11th 2019 5:40 AM	https://transition.meltwater.com/paywall/redirect/gQgirl1bl6t3MJ_JAWLuKgTnQkg?keywords=Baker%20Heart%20and%20Diabetes%20Institute,Erin%20Howden&cid=7faf0dda-c88a-422b-a16b-38267ef80857&productType=Excel
175	10-Feb-19	ABC Radio National at February 10th 2019 2:41 AM	https://transition.meltwater.com/paywall/redirect/P7NVyXSD6YOVup9A1kXuY8huggs?keywords=Erin%20Howden&cid=7faf0dda-c88a-422b-a16b-38267ef80857&productType=Excel
176	9-Feb-19	ABC Radio National at February 9th 2019 10:40 AM	https://transition.meltwater.com/paywall/redirect/LCaSuJIMF8583pe9_g8kzAXIT30?keywords=Baker%20Heart%20and%20Diabetes%20Institute,Erin%20Howden&cid=7faf0dda-c88a-422b-a16b-38267ef80857&productType=Excel
177	5-Apr-18	Proper exercise can reverse damage from heart aging	https://www.blogarama.com/health-and-fitness-blogs/1303714-mania-bipolar-disorder-bphope-blog/24688434-proper-exercise-can-reverse-damage-from-heart-aging
178	29-Jan-18	Proper Exercise Reverses Damage From Heart Aging and Helps Prevent Heart Failure	http://beforeitsnews.com/science-and-technology/2018/01/proper-exercise-reverses-damage-from-heart-aging-and-helps-prevent-heart-failure-2917747.html
179	17-Jan-18	Journal of Applied Physiology Issues 12 Research Articles in January 2018 Edition	https://targetednews.com/?
180	10-Jan-18	American Heart Association says Middle-Aged Couch Potatoes may reverse Heart Effects of a Sedentary Life with Exercise Training	http://www.clarksvilleanline.com/2018/01/10/american-heart-association-says-middle-aged-couch-potatoes-may-reverse-heart-effects-sedentary-life-exercise-training/
181	10-Jan-18	The Health News Australia January 10 2018	https://healthprofessionalradio.com.au/youth-anxiety/

182	10-Jan-18	Wendy Harmer	https://transition.meltwater.com/paywall/redirect/P7FuiE6tqYT7ruqJTACzZ2fkCd8?keywords=Erin%20Howden,Baker%20Heart%20and%20Diabetes%20Institute&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
183	10-Jan-18	Simon Marnie	https://transition.meltwater.com/paywall/redirect/pl8vhyQT5gKYMk6dFpvyYvMV1V0?keywords=Erin%20Howden,Baker%20Heart%20and%20Diabetes%20Institute&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
184	10-Jan-18	Baby boomers can reduce heart failure if they start exercising: research	http://californiatoday.net/2018/01/09/baby-boomers-can-reduce-heart-failure-if-they-start-exercising-research/
185	10-Jan-18	NEWS NIGHT	https://transition.meltwater.com/paywall/redirect/EznxG2knTaG7ZHwDw49ma8G31bM?keywords=Erin%20Howden,Baker%20Heart%20and%20Diabetes%20Institute&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
186	9-Jan-18	NEWS NIGHT	https://transition.meltwater.com/paywall/redirect/NCqJgl3_TweDjzOYfqJxP1LzZAM?keywords=Erin%20Howden,Baker%20Heart%20and%20Diabetes%20Institute&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
187	9-Jan-18	Ten Perth at January 9th 2018 5:36 PM	https://transition.meltwater.com/paywall/redirect/UP8auJLOee19er6tDzxFm9FzUw?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
188	9-Jan-18	Ten Perth at January 9th 2018 5:36 PM	https://transition.meltwater.com/paywall/redirect/uTjPflBkEdWAPKFr782KHS-CWkA?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
189	9-Jan-18	Channel TEN Darwin at January 9th 2018 5:17 PM	https://transition.meltwater.com/paywall/redirect/mdl6MN7iz_ZrN1O4PFGehjAileg?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
190	9-Jan-18	WIN TV Mooloolaba at January 9th 2018 6:20 PM	https://transition.meltwater.com/paywall/redirect/1P-knvDWPuGCntIFwzj2KvFOfM?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
191	9-Jan-18	WIN TV Mackay at January 9th 2018 5:20 PM	https://transition.meltwater.com/paywall/redirect/W4kqY7zswMvTqbW66xD56fELgA?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
192	9-Jan-18	TEN Central Digital TV at January 9th 2018 4:50 PM	https://transition.meltwater.com/paywall/redirect/X-gRtzEwCf3TujVNPeg2zztPlkc?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
193	9-Jan-18	Channel 10 Gold Coast at January 9th 2018 6:20 PM	https://transition.meltwater.com/paywall/redirect/Q6AEs1wTFsiFUAKz2Aij15ssRyA?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
194	9-Jan-18	Ten Brisbane at January 9th 2018 5:20 PM	https://transition.meltwater.com/paywall/redirect/xayoesdKK1gNKHh1frpL1eUDCzc?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
195	9-Jan-18	WIN TV Cairns at January 9th 2018 5:20 PM	https://transition.meltwater.com/paywall/redirect/vTO9h0FA7DD0IgiPI4yD7FJ7NIQ?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
196	9-Jan-18	WIN TV Toowoomba at January 9th 2018 5:20 PM	https://transition.meltwater.com/paywall/redirect/DozS1peAW_xOGP6WGc8fc_b8khU?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
197	9-Jan-18	WIN TV Maryborough at January 9th 2018 5:20 PM	https://transition.meltwater.com/paywall/redirect/hbg8cK8si6zq-

			7XUAFgmeWhRMvU?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
198	9-Jan-18	WIN TV Rockhampton at January 9th 2018 5:20 PM	https://transition.meltwater.com/paywall/redirect/yMozmzJwTLKLk9WB8MWrXIAdQX8?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
199	9-Jan-18	WIN TV Mount Gambier at January 9th 2018 5:40 PM	https://transition.meltwater.com/paywall/redirect/jn4lDsKoGxxoCfhjuluckqSjVH8?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
200	9-Jan-18	WIN TV Renmark at January 9th 2018 5:40 PM	https://transition.meltwater.com/paywall/redirect/kYo5AjOJfRcBdciluncjmf4diAA?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
201	9-Jan-18	Southern Cross Port Lincoln at January 9th 2018 5:36 PM	https://transition.meltwater.com/paywall/redirect/950Ph22Ct5R55d5Oa6PC5tKrW8U?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
202	9-Jan-18	Southern Cross Broken Hill at January 9th 2018 5:36 PM	https://transition.meltwater.com/paywall/redirect/qT865IK5ma-3X4Dn3cuWqtOEBa0?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
203	9-Jan-18	Ten Adelaide at January 9th 2018 5:36 PM	https://transition.meltwater.com/paywall/redirect/K-rOWomv01a3nUx4lW0JbVEpymE?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
204	9-Jan-18	Ten Adelaide at January 9th 2018 5:36 PM	https://transition.meltwater.com/paywall/redirect/UiVts18RLCmjqq_udRR94lVzI5Q?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
205	9-Jan-18	Southern Cross Port Pirie at January 9th 2018 5:36 PM	https://transition.meltwater.com/paywall/redirect/ynvFaeHeeLOWxjUeCWh2ozQbBNQ?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
206	9-Jan-18	Ten Sydney at January 9th 2018 5:40 PM	https://transition.meltwater.com/paywall/redirect/ZTPl1F7WZ1Jo2f76plsa8nVGSE?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
207	9-Jan-18	WIN TV Lismore at January 9th 2018 5:39 PM	https://transition.meltwater.com/paywall/redirect/drO_c6Y9bh2bGbdHmvt8Axalq2c?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
208	9-Jan-18	WIN TV Orange at January 9th 2018 5:39 PM	https://transition.meltwater.com/paywall/redirect/kRQ8oPfAUwtJG-Jv7Qta8FGKBrY?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
209	9-Jan-18	WIN TV Wagga Wagga at January 9th 2018 5:39 PM	https://transition.meltwater.com/paywall/redirect/2P-wr_BMciwS3pfNX_xnHklsH1I?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
210	9-Jan-18	WinTV Canberra at January 9th 2018 5:39 PM	https://transition.meltwater.com/paywall/redirect/_l4kol2C7-INnEcagTQxFn5fOwQ?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
211	9-Jan-18	WIN TV Wollongong at January 9th 2018 5:39 PM	https://transition.meltwater.com/paywall/redirect/-l1_KC-y6Ywv422nkRdl4e_TLU0?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
212	9-Jan-18	WIN TV Hobart at January 9th 2018 5:21 PM	https://transition.meltwater.com/paywall/redirect/a1JNdJbKkttiAlfbbEJ-5iZ8NWQ?keywords=Erin%20Howden&cid=17

			1be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
213	9-Jan-18	WIN TV Shepparton at January 9th 2018 5:21 PM	https://transition.meltwater.com/paywall/redirect/3VgPOR8PDycr0l_g8PCMRAARpAI?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
214	9-Jan-18	WIN TV Gippsland at January 9th 2018 5:21 PM	https://transition.meltwater.com/paywall/redirect/AmpWaMZOKmCgMkMhZdtMH1enSGI?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
215	9-Jan-18	WIN TV Bendigo at January 9th 2018 5:21 PM	https://transition.meltwater.com/paywall/redirect/Aw7y3GixArKP0kXCib49Jt0Kuiw?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
216	9-Jan-18	WIN TV Ballarat at January 9th 2018 5:21 PM	https://transition.meltwater.com/paywall/redirect/8bcsVmckufqvmueYkt8YdaP9DcQ?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
217	9-Jan-18	WIN TV Albury at January 9th 2018 5:21 PM	https://transition.meltwater.com/paywall/redirect/T3UmkPVGf7kgGg0dNGyhxb4ALxk?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
218	9-Jan-18	Ten Eyewitness News First At Five	https://transition.meltwater.com/paywall/redirect/cJm8EZCpM15RZRBrDM2ohLi68ug?keywords=Erin%20Howden&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
219	9-Jan-18	Sedentary lifestyle effects on the heart can be reversed in middle age: study	https://tenplay.com.au/news/national/january-2018/sedentary-lifestyle-effects-on-the-heart-can-be-reversed-in-middle-age-study
220	9-Jan-18	Proper Exercise Can Reverse Damage from Heart Aging	http://beforeitsnews.com/health/2018/01/proper-exercise-can-reverse-damage-from-heart-aging-2806916.html
221	9-Jan-18	Steve Mills and Basil Zempilas	https://transition.meltwater.com/paywall/redirect/5VHZCvRw9U3RW5gKgpZE9EySKQU?keywords=Erin%20Howden,Baker%20Heart%20and%20Diabetes%20Institute&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
222	9-Jan-18	774 ABC Melbourne	https://transition.meltwater.com/paywall/redirect/4Fb1z816VMdSpl75NLmBoyTEo4?keywords=Erin%20Howden,Baker%20Heart%20and%20Diabetes%20Institute&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
223	9-Jan-18	Justin Smith and Kate Stevenson	https://transition.meltwater.com/paywall/redirect/fGFdLXG4SOzf5ihOatqDWSQZcU4?keywords=Erin%20Howden,Baker%20Heart%20and%20Diabetes%20Institute&cid=171be7d0-62a2-4c09-80c6-7ba513cedd69&productType=Excel
224	9-Jan-18	Baby boomers can reduce heart failure risk if they start exercising, research shows	http://www.radioaustralia.net.au/international/2018-01-09/baby-boomers-can-reduce-heart-failure-risk-if-they-start-exercising-research-shows/1727998
225	9-Jan-18	Baby boomers can reduce heart failure if they start exercising: research	https://www.f3nws.com/news/baby-boomers-can-reduce-heart-failure-risk-if-they-start-exercising-research-HcWuz
226	9-Jan-18	Proper Exercise can Reverse Damage from Heart Aging	https://www.reachmd.com/news/proper-exercise-can-reverse-damage-from-heart-aging/1612570/
227	9-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://www.satprnews.com/2018/01/08/middle-aged-couch-potatoes-may-reverse-heart-effects-of-a-sedentary-life-with-exercise-training/
228	9-Jan-18	Content from this publisher is not available in this country	
229	9-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://www.publicnow.com/view/74A8355239AAF974B9DB9DBB5E4A12E535AA291F

230	9-Jan-18	Baby boomers can reduce heart failure if they start exercising: research	https://www.capitalgrio.com/australia/64255-baby-boomers-can-reduce-heart-failure-if-they-start-exercising-research.html
231	9-Jan-18	Proper Exercise Can Reverse Damage from Heart Aging	http://www.healthnewsdigest.com/news/Heart_Health_410/Proper-Exercise-Can-Reverse-Damage-from-Heart-Aging99.shtml
232	9-Jan-18	Proper Exercise Can Reverse Damage From Heart Aging	http://www.healthnewsdigest.com/news/Heart_Health_410/Proper-Exercise-Can-Reverse-Damage-From-Heart-Aging.shtml
233	9-Jan-18	Baby boomers can reduce heart failure if they start exercising, research shows	http://www.radioaustralia.net.au/international/2018-01-09/baby-boomers-can-reduce-heart-failure-if-they-start-exercising-research-shows/1727998
234	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://markets.financialcontent.com/gafri/news/read/35560843/middle
235	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://markets.financialcontent.com/tnj/news/read/35560843/middle
236	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://markets.financialcontent.com/pennwell.hydroworld/news/read/35560843/middle
237	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://markets.wnd.com/worldnetdaily/news/read/35560843/middle
238	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://markets.pettinga.com/pettinga/news/read/35560843/middle
239	8-Jan-18	Proper Exercise Can Reverse Damage From Heart Aging	http://www.satprnews.com/2018/01/08/proper-exercise-can-reverse-damage-from-heart-aging/
240	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	https://scienmag.com/middle-aged-couch-potatoes-may-reverse-heart-effects-of-a-sedentary-life-with-exercise-training/
241	8-Jan-18	Proper exercise can reverse damage from heart aging	https://scienmag.com/proper-exercise-can-reverse-damage-from-heart-aging/
242	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	https://www.eurekaalert.org/pub_releases/2018-01/aha-mcp010318.php
243	8-Jan-18	Proper exercise can reverse damage from heart aging	https://www.eurekaalert.org/pub_releases/2018-01/usmc-pec010418.php
244	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://business.theantlersamerican.com/theantlersamerican/news/read/35560843/middle
245	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://business.dailytimesleader.com/dailytimesleader/news/read/35560843/middle
246	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://business.times-online.com/times-online/news/read/35560843/middle
247	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://business.poteaudailynews.com/poteaudailynews/news/read/35560843/middle
248	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://stocks.newsok.com/newsok/news/read/35560843/middle
249	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://investor.wallstreetselect.com/wss/news/read/35560843/middle
250	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://business.ridgwayrecord.com/ridgwayrecord/news/read/35560843/middle
251	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://thenumbers.marketplace.org/publicradio/news/read/35560843/middle
252	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://markets.post-gazette.com/postgazette/news/read/35560843/middle
253	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://finance.jsonline.com/jsonline/news/read/35560843/middle
254	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://markets.financialcontent.com/1discountbrokerage/news/read/35560843/middle
255	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://business.bentoncourier.com/bentoncourier/news/read/35560843/middle
256	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://markets.buffalonews.com/buffnews/news/read/35560843/middle

257	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://business.thepilotnews.com/thepilotnews/news/read/35560843/middle
258	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://business.observernewsonline.com/observernewsonline/news/read/35560843/middle
259	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://business.minstercommunitypost.com/minstercommunitypost/news/read/35560843/middle
260	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://markets.financialcontent.com/nrn/news/read/35560843/middle
261	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://markets.financialcontent.com/fatpitch.financials/news/read/35560843/middle
262	8-Jan-18	Middle-aged couch potatoes may reverse heart effects of a sedentary life with exercise training	http://markets.financialcontent.com/stocks/news/read/35560843/middle
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